

Area Track and Field Meet

District 29-5A & 30-5A

April 16, 2026

Meet Referee: Mike Villarreal

Starter: Vazquez

Announcer: Joe Ramirez

Meet Directors: Aaron Garcia

Rules Committee: Athletic Directors/AC from District 29-5A & 30-5A.

Curve Judge Coordinator:

FAT: STX/FAT Robert Medrano

Recall Starter: Bill Chancey

Clerk of Course: Valencian

Finish Line: Ricardo Altahif

Hurdles/Blocks: RGC

Curve Umpires

The Curb Umpires are full time positions and need to be actively monitoring their area during all events. Each school will be responsible for providing two curb umpires per area.

Curb #1: MISSION VETS

Backstretch: Laredo Martin

Curb #2: Roma

Homestretch: Palmview

4X100 meter relay Exchange Zones

1st Exchange: Mission Vets/Laredo Martin

2nd Exchange: Palmview/ Roma

3rd Exchange: RGC/Laredo Cigarrora

4 X 200 meter relay Exchange Zones

1st Exchange: Mission Vets/Laredo Martin

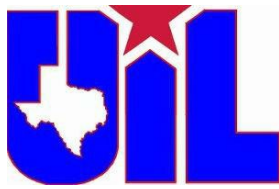
2nd Exchange: Palmview/ Roma

3rd Exchange: RGC/Laredo Cigarrora

4 x 400 meter relay Exchange Zone

Exchange: RGC

Cut in- Mission Vets



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GENERAL INFORMATION:

- All school buses will park to the east side of the baseball field. Away from throwing rings
- No participant in the track meet will be allowed to use spikes longer than ¼ inch.
- Blocks will be provided by RGCCISD. No school will be allowed to bring their own blocks in order to ensure that we do not create an unfair advantage for anyone.
- No noise makers or glass containers will be allowed in the stadium.
- All National Federation Rules will apply where UIL rules are not stipulated.
- No foul language will be tolerated.
- No camping on the infield.
- Tents will be allowed on both sides. Spectators will sit on the home side. (Finish Line Side)
- No food or colored drinks for the exception of water will be allowed on the field or track. Colored drinks include, but are not limited to, Gatorade, PowerAde, soda, etc...)
- No chairs will be allowed on the turf or on the track.
- No balloons, confetti, glitter, streamers, sunflower seeds, pumpkin seeds, and gum are allowed in the stadium premises.
- NO TAPE IS ALLOWED ANYWHERE ON THE TRACK OR TURF SURFACE. Please use removable marks which include tennis balls or rubber strips.

COACHES MEETING/SCRATCH MEETING:

A coaches meeting will be held on Thursday April 16, 2026 at 10:00 AM in the home side locker room. Coaches from each school must be present at this meeting to receive their team packets. Also, scratches may be made at this time. Any changes in procedures or time schedules will be announced.

*****Coaches can only scratch athletes at this meeting. The 5A Area Track and Field Substitute Certification Form must be turned in by Monday, April 21, 2026 @ 5:00 p.m. to the Area Director at the following email: ebermudez001@rgccisd.org***

3200 M. RUN:

11:00 AM Girls followed by Boys. Please have all runners report 15 minutes before scheduled time.

RELAY CARDS:

Relay cards will be due at the starting line by 3:00 p.m. on Thursday April 16, 2026.

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IMPLEMENT WEIGH-IN:

All shot put and discus must be weighed in and certified between 9:45 AM to 10:15 AM outside the track conference room near the shot put ring.

POLE VAULT:

It is the responsibility of the coach to verify that the competitor will use a legal pole rated at or above his/her weight by submitting the pole vault weight rating sheet. This sheet will be in your team packet. Each athlete must weigh in next to the home side locker room between 9:45-10:15 AM to make sure that the pole weight and competitor weight correlates with the rules. All poles will be certified at that time. Roma will be responsible for the weigh-in that will be held outside the home side locker room.

APPEALS:

All appeals must be made by the head coach in written form and submitted to the Meet Referee no later than 30 minutes after the announcement of the event results. Appeal forms are provided in your team packet.

FIRST AID STATIONS:

The RGCGISD athletic trainers will have a first aid station set up by the finish line underneath the goal post. Please provide an athletic trainer to help your student-athletes. Your school is welcome to set up first aid stations. Please have your athletic trainer contact athletic trainer James Meguiere to coordinate the set up at (956) 735-9446.

QUALIFYING PROCEDURES:

All running events will be a final. The lane assignments will be randomly assigned by the computer program. The top four finishers in each event will qualify for the Region IV Track and Field Meet in San Antonio. Best of luck to everyone in your future endeavors.

AWARDS:

The awards for the 3200m run will be presented 30 minutes after the conclusion of the race. All other awards will be distributed between running events. Please see the assigned schedule in order to ensure that all athletes are present at the awards stand on the 50 yard line.

We will award medals for the top six places. The team championship and runner-up plaques will be awarded at the 50 yard line at the conclusion of the meet.



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Field Events

Shot Put: RIO GRANDE CITY

11:00 AM Boys Shot Put

12:30 PM Girls Shot Put

Discus: CIGARROA

11:00 AM Girls Discus

12:30 PM Boys Discus

High Jump: NIXON

11:00 AM Girls High Jump

12:30 PM Boys High Jump

Pole Vault: JUAREZ LINCOLN

11:00 AM Boys Pole Vault

12:30 PM Girls Pole Vault

Triple Jump: ROMA

11:00 AM Girls Triple Jump

12:30 PM Boys Triple Jump

Long Jump: MISSION

11:00 AM Boys Long Jump

12:30 PM Girls Long Jump

RGCGISD will provide all equipment for field events.



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Field Event Guidelines

- Field event participants will check in with each event judge fifteen minutes prior to starting time.
- Practice attempts and throws must be completed prior to starting time.
- All field events finals will immediately follow prelims.

Long Jump and Triple Jump

- Each participant will have three jumps in the prelims followed by three jumps in the finals.
- The order for the prelims will be randomly assigned by the computer.
- The order for the finals will be determined by the top jumps in the prelims. The lowest seed at the end of the prelims will jump first followed in order from lowest to highest seed. (i.e., 8th seed to 1st seed)
- Best preliminary attempts will carry over to finals to determine place results.
- All legal jumps will be measured.
- The meet director will give each athlete an allotted time frame to go to another event if needed. It is up to the athletes to stay within the time frame given.

Pole Vault

- The starting height for Pole Vault will be 6 inches below the lowest qualifying height.
- The height for the pole vault will be increased in 6 inch increments.

Shot Put and Discus:

- All shot and discus must be weighed in between 9:45-10:15 AM.
- All shot put and discus will be pooled for competition and no implement should be removed until the event is complete.
- Only shot put and discus with the designated marks will be allowed.
- Throwers may use other legal implements to warm-up, but will only be able to compete with implements that met UIL criteria during inspection.
- All legal throws will be measured to ensure four regional qualifiers.
- The order of competitors will be created randomly by the computer for the prelims.
- The order of competitors for the finals will be set from 8th seed to 1st seed according to preliminary performances.

High Jump

- The starting height for the high jump will be set at two inches below the lowest qualifying mark from district meet results.
- The height of the cross bar will move up by two inch increments.

Running Events:

- Running events will begin as scheduled and run until their completion.
- Each event will get three calls from the announcer.
- Athletes should report to the clerk of the course to receive lane assignments.
- Athletes are expected to report by third and final call, ready to run.
- Please report any scratches to the clerk of course by the second call.
- Every attempt will be made to stay on schedule.

ENTRIES:

- District champions will be placed in lane 4 & 5 for all running events. The remaining competitors/teams will be randomly placed by HyTech Meet Manger.
- District 29-5A and 30-5A will provide district results to the Area Meet Host for registration.

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RUNNING FINALS

11:00 a.m. 3200 M. Run – Girls
3200 M. Run – Boys

Award Presentation 30 minutes after the conclusion of 3200 meter run

4:00 p.m. 400 M. Relay – Girls
400 M. Relay – Boys

Award Presentation – Shot Put/Discus

4:15 p.m. 800 M. Run – Girls
800 M. Run – Boys

Award Presentation – Pole Vault/High Jump

4:30 p.m. 100 M. Hurdles – Girls
110 M. Hurdles – Boys

Award Presentation – Long Jump/Triple Jump

4:45 p.m. 100 M. Dash – Girls
100 M. Dash – Boys

Award Presentation – 400 M. Relay/800 M. Run

5:00 p.m. 800 M. Relay – Girls
800 M. Relay – Boys

Award Presentation – 100 and 110 M. Hurdles/100 M. Dash

5:15 p.m. 400 M. Dash – Girls
400 M. Dash – Boys

Award Presentation – 800 M. Relay/400 M. Dash

5:30 p.m. 300 M. Hurdles – Girls
300 M. Hurdles – Boys

Award Presentation – 300 M. Hurdles

5:45 p.m. 200 M. Dash – Girls
200 M. Dash – Boys

Award Presentation – 200 M. Dash

6:00 p.m. 1600 M. Run – Girls
1600 M. Run – Boys

Award Presentation – 1600 M. Run

6:15 p.m. 1600 M. Relay – Girls
1600 M. Relay – Boys

Award Presentation – 1600 M. Relay

6:35 p.m. **PRESENTATION OF TEAM AWARDS**

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For use by coach to inform District Director of a scratch

_____	_____	_____
School	Coach	District-Conference 29-5A / 30-5A
_____	_____	_____
Name of Athlete	Event	Place in District Meet

For use by District Director to inform Area Director of a scratch.

_____	_____	_____
Name of Athlete Added	Event	Original Place in Meet
_____	_____	_____
School	Coach	District Director Signature

All scratches must be submitted to the Area Meet Host by Monday April 13, 2026 by 5:00 PM.
All scratches must be submitted to the following email ebermudez001@rgccisd.org

Date Submitted to Area Director

Please make sure you review the relay exchange zones with your athletes. It is not the responsibility of the Curb Umpires to line your athletes up correctly.

Joe R Sanchez Stadium Track Markings

Starting Lines

100m Dash:	White Line
200m Dash:	White Line
300m Hurdles:	White Line
400m Dash:	Yellow Line
800m Run:	White Line for ½ stagger or white line for waterfall
1600m Run:	White Line
3200m Run:	White Line
400m Relay:	Yellow Line
800m Relay:	Green Line
1600m Relay:	Blue Line
Finish Line:	White Line
Break Line:	White dotted line

Relay Exchange Zones

	<u>First Exchange</u>	<u>Second Exchange</u>	<u>Third Exchange</u>
400m Relay:	Yellow Triangle	Yellow Triangle	Yellow Triangle
800m Relay:	Green Triangle	Green Triangle	Yellow Triangle
1600m Relay:	Blue Triangle	Blue Triangle	Blue Triangle

The exchange zone in Lane One is colored half in black/yellow in the first exchange and black/blue in the second exchange.

110m Hurdles= Blue Tab

100m Hurdles= Yellow Tab

300m Hurdles= Green Tab